

NEVADA LIBRARY Q&A/CHECK-IN

10 am, Tuesday, September 8, 2020

with Tammy Westergard

Nevada State Library, Archives and Public Records Administrator

Tuesday @ 10 - Intentions



to promote unity,
fraternity, and help
build resilience



to debrief and share



to assist in the response
phase and start the
recovery phase.



to learn and be better
prepared

Agenda

01

10 Minute
Wellness:
Learning during
COVID19

02

Q&A with Lisa
Keating

03

Save the Date

04

Check-in



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September Wellness Overview

As kids and parents try to navigate all of the changes to school this fall (on-line, partial schooling, all in but with serious social distancing) Menninger-trained clinical psychologist, Lisa Keating, PhD, shares what it is like psychologically to be a kid or a parent right now, during a global pandemic health crisis.

“If we don’t understand this part, we won’t be able to help youth and parents access services and educational interventions. Even the best intentions from adults, can be rejected, misunderstood, or experienced as frustrating or dismissive, if we don’t talk and engage with kids in ways that are helpful to them,” says Dr. Keating.

The series is organized for three age groups: K-5th grade; middle school and high school/young adult.

Lisa Keating, Ph.D.

Lisa Keating, Ph.D., has a Bachelors in Human Development and Family Studies from Oregon State University, a Masters Degree in Child Development from San Diego State University, and a Doctorate from Alliant University. She completed a two-year post-doctoral fellowship in Child and Adolescent Psychology at the Menninger Institute.

Dr. Keating has worked as a consultant to two of the local school districts and to the Washoe Indian Tribe. For the last ten years she has been the Clinical Director for Reno Municipal Court Co-Occurring Disorders Practice. She has been in private practice in Carson City since 2001 and works with children, teens and adults.

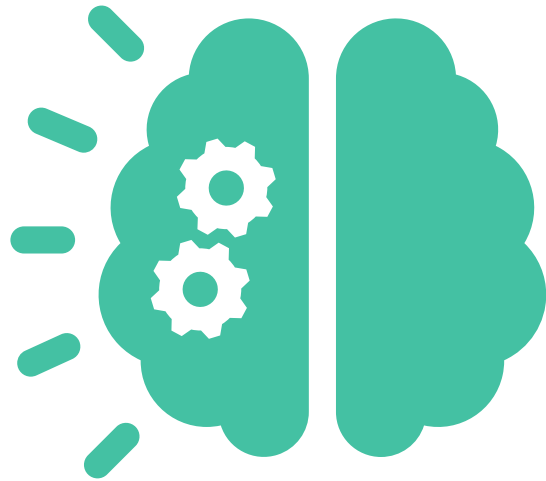


SESSION 2

*Changes in how people
learn because of COVID19*

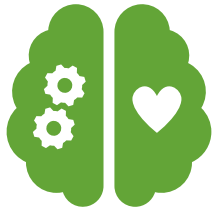
- Distracted parents & teachers
- Need for calming influencers
 - Hand holding
 - Specific direction
 - Reassurance
- People are not doing as well as they seem
- Special Skills are needed
- [Childmind.org](https://www.childmind.org)

Stressed Brains don't think well



- Acting Out
 - frustrated, angry, confused, overwhelmed, don't understand what to do
- Acting In
 - Overwhelmed, sad, anxious, hopeless, helpless

Interventions & Support



Based on student
development



Start with **validation**



When people feel heard and
understood, they become
calmer and more focused

Children, Grades k-5/6

Validation

- *I bet it is so hard to go to school like this. How is it for you?*

Developmentally

- Students need Verbal & Visual presentations - write and draw to help them

Support Grades k-3

- Often need things repeated several times
- Easily frustrated and distracted
- Used to movement
- Tend to like manipulatives

Support Grades 3-6

- Verbals about not liking school work
- Listen & redirect
- Provide hands on support (walking them to books, pulling out a book, etc)

Middle School

Validation

- *School is already hard enough, I think trying to learn this way must be even harder than most adults can imagine.*

Developmentally

- Critical thinking skills begin
- Looking for a sense of control & ownership over their lives

Support

- Elicit their problem-solving skills, without over-whelming them
- Send the message that you know they have skills, you're there to help
 - *How* do they want your help?
 - How *much* do they want your help?

High School

Validation

- *A lot of people don't know this, but scientists are saying this is hardest on teenagers and young adults"*
- *I think this is hardest for teenagers and young adults. I have worked with so many teens here who are saying the same things you are.*

Developmentally

- Social Emotional Learning at high point
- Practical skills, planning, deadlines
- Resistant to adult guidance, but still need it

Support

- Show confidence in their work
- Observe strengths, give genuine praise

Young Adult

Validation

- *A lot of people don't know this, but scientists are saying this is very hardest on young adults.*
- *I keep hearing this is hardest on young adults. I have worked with a lot of young adults here who are saying the same things you are.*

Developmentally

- Bridge between teen & adult
- Uncertain adulthood (shaky society, college, job market)

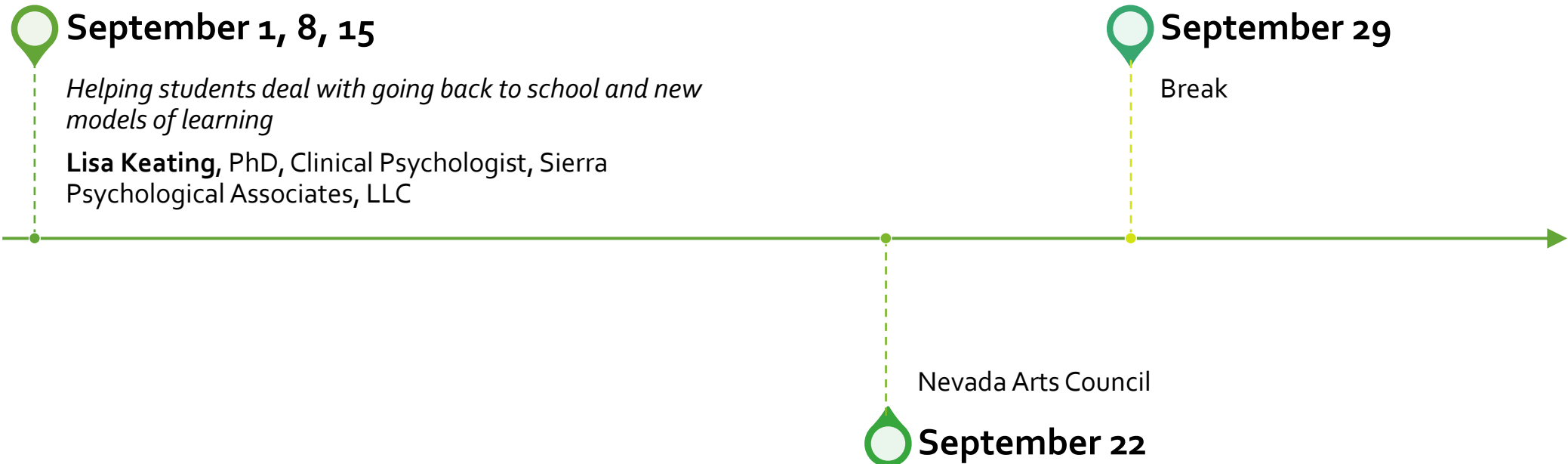
Support

- Focus on how you can help them with what they're looking for
- Focus on being helpful, warm

Wrap up

- Children & teens are most affected
- Understand acting out and acting in behaviors
- Self Grounding is important
- Validation is calming to everyone (children/teens and us)
- Focus on being the helper that they need in the way that they need
- Librarians are critical:
 - professionals
 - one on one interactions
 - focused
 - helpful

September Schedule



Nevada State Library Covid-19 toolkit



10 Minute Wellness webinars and resources
posted here



<https://nsla.nv.gov/COVID19/10MinuteWellness>

Save the Date: Week of Sept 14



READ Nevada Virtual Event

- Rescheduled from Sept. 10 to **Week of Sept. 14**
- **Date to be confirmed**
- Sneak peek: Gov. Sisolak celebrates reading, summer reading trends, library online story times, and more
- NEW: family night reading challenge – Fall 2020,



CHECK-IN

Comments, concerns, observations?

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VIRTUAL COFFEE BREAK

An informal, after-meeting chat opportunity